

# **Personalised Nutrition & DNA Testing**



# WHAT IS NUTRIGENETICS?

UNDERSTAND YOUR BODY.  
PERSONALISE YOUR PLAN.  
TRANSFORM YOUR HEALTH.

Nutrigenetics is the science of how your unique DNA influences your response to nutrients, diet, and lifestyle. It provides a personalised blueprint to help you prevent disease, optimise wellness, and make confident choices rooted in your biology.

# Why Personalised Testing Matters

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Generic diets and wellness plans don't work for everyone. With nutrigenetic testing, you gain:

A clear understanding of  
your body's needs

Insight into why certain habits  
may not be working

A personalised health  
strategy designed for  
long-term success

# How It Works

1. **Book a Free Discovery Call:** Clarify your health goals and explore which test (or combination) will offer the most insight.
2. **Receive Your DNA Kit:** Delivered to your door with full instructions.
3. **Lab Analysis** – Turnaround time: 2–3 weeks.
4. **Personalised Report & Coaching:** 1–2 private sessions to review your results, answer questions, and create an action plan.
5. **Supplement Guidance:** TAILORBLEND – a precision-formulated supplement blend matched to your test findings or health needs.
6. **Ongoing Support:** Optional health coaching, product recommendations, and lifestyle tracking available.

# DNA Tests Available

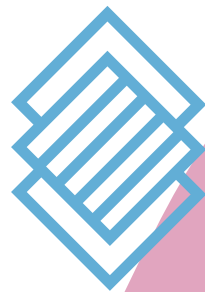
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- **DNA Core** – Foundational insights into metabolism, diet, and exercise response
- **DNA Mind** – Mental health vulnerabilities: anxiety, depression, addiction, cognition
- **DNA Hormones** – Hormonal balance, menopause, oestrogen metabolism, cancer risk
- **DNA Gut (NEW)** – Genetic influence on digestion, intolerances, and microbiome health
- **TruAge (NEW)** – Measures biological age and how fast your body is aging
- **MedCheck** – Assesses gene-drug interactions (ideal for chronic medication or treatment planning)

*Additional or complementary tests may be recommended based on your results.*



# What Your DNA Can Reveal



Your personal disease  
risk and  
prevention strategy



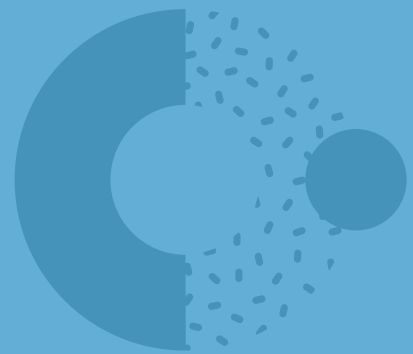
How your body  
processes nutrients,  
foods, and  
supplements



Mental, hormonal,  
and digestive  
health markers



Biological age and  
organ system aging –  
influencing drug  
sensitivity and  
compatibility



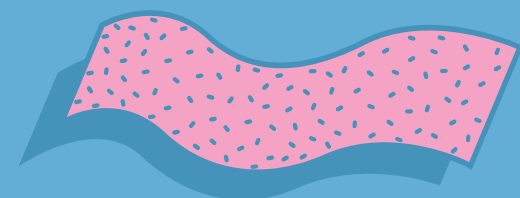
# Investment & Consultation



Just like having a bespoke garment made, your wellness plan is custom-designed. Pricing varies depending on the selected tests and support level.

As a guide, clients generally invest between R5,500 and R8,000 for initial testing and consultation.

Follow-up health coaching is available from R750/hour.



For a personalised quote or test menu, please email:  
**[hayley@keepevolving.co.za](mailto:hayley@keepevolving.co.za)**

